THE

WATER-CURE JOURNAL

AND

HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT:

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

VOLS. XXIII. AND XXIV.

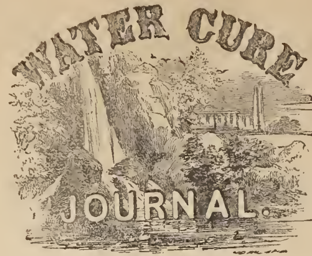


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We labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow-men. Health of Body and Health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

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to proclaim and hasten the advent of UNIVERSAL HEALTH, VIRTUE, AND HAPPINESS. We ask all who love their brothers and sisters of the Human Family, to aid in this work, by becoming Co-Workers with us in the great cause of HUMAN HEALTH.

Fowler & Wells,

308 Broadway,

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PROSPECTUS OF THE WATER-CURE JOURNAL FOR 1858.

VOLUME TWENTY-FIVE OF THE WATER-CURE JOURNAL commences with this number.

Health.—The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction, and this demand its supply, in a knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE and CAUSES of DISEASES, or a true PATHOLOGY; the modes of PURIFICATION and INVIGORATION, or a TRUE SYSTEM OF MEDICAL PRACTICE.

The Philosophy of Health, comprising the laws of PHYSICAL, MORAL, and INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness is included in the HERALD OF REFORMS.

Human Life.—Our platform is a broad one, and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

Practical Instruction.—Hydropathy will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to WOMEN. The WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

Preservation of Health.—Without health, even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world *how* to preserve health, as well as to cure disease.

Prolonged Life.—Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out and made so plain that "he who runs may read." We believe fully that man may prolong his life beyond the number of years usually attained. We propose to show how.

Renovation of the Human Race.—This is the great end and aim of the WATER-CURE JOURNAL AND HERALD OF REFORMS. It is a demonstrable truth, that the races of men degenerate, and become enfeebled and depressed, just as they deviate from the conditions of health. All, therefore, who would be co-workers with us in establishing in human nature the principles and practices which tend to a higher and better life, are earnestly solicited to use their influence in extending the circulation of this periodical.

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